



INSTALLATION & ONBOARDING GUIDE

FOR APPLE® HEALTH



Important Safety and Product Information

WARNING

Failure to heed the following warnings could result in an accident or medical event resulting in death or serious injury.

Choking Hazard

This product contains small parts. This product is not for children under 3 years.

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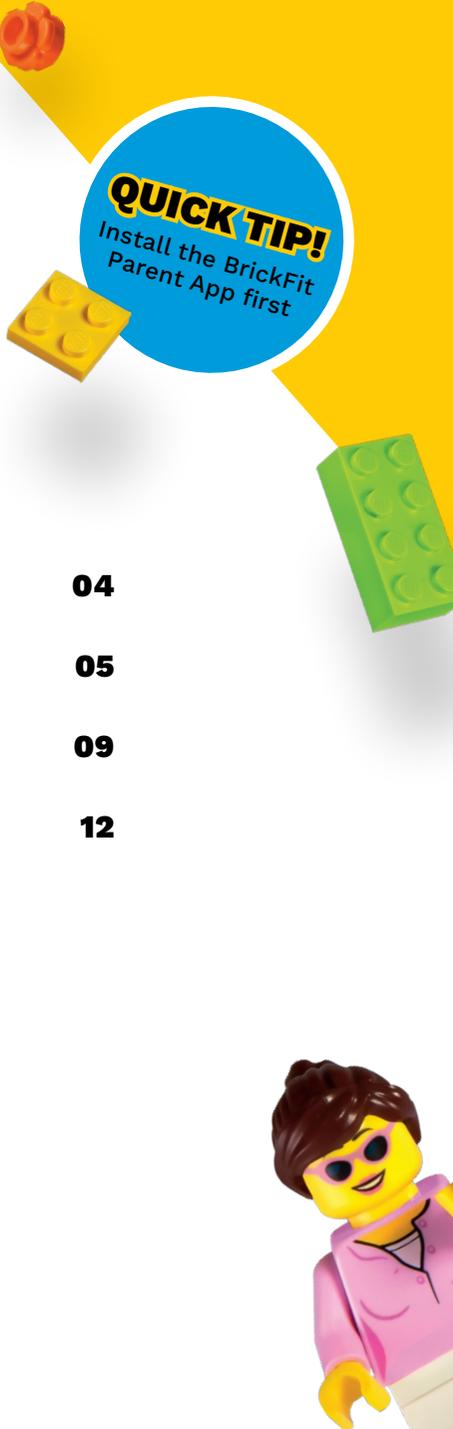
Warning! Choking Hazard. Small parts.

For all customer service and support, please visit www.brickfit.com.au

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QUICK TIP!
Install the BrickFit Parent App first

THANK YOU FOR JOINING THE BRICKFIT PROGRAM!

Created by the Brickman, LEGO® Certified Professional and LEGO® Masters Australia judge Ryan McNaught, together with the Deakin University Institute for Physical Activity and Nutrition (IPAN), BrickFit is a revolutionary way to engage kids and adults with healthy exercise and get creative with LEGO® bricks.

The BrickFit program comes with a complete LEGO® Creative Fun set as well as bonus LEGO® pieces that can be used to create over 150 different models! As children progress through the app's fitness goals, they'll unlock more and more instructions to help them learn new techniques and create new LEGO® models to show to their family and friends.



WHAT'S IN THE BOX

BrickFit® welcome guide

BrickFit® app activation code (on page 3 of the welcome guide)

LEGO® Classic 11016 Creative Building Bricks

Bonus LEGO® bricks and base plate



WHAT'S NEEDED

At least one iOS phone or tablet

An Apple Health account

Compatible devices: Garmin® vívofit 4, Garmin® Connect (16+), Garmin® vívosmart 4, Apple Watch®, Apple® Health, Apple iPhone

Please note: Other devices are compatible with BrickFit, please see our website for details and instructions: brickfit.com.au



REQUIREMENTS - USING 2 DEVICES

Preferred option as this allows the parent and child to each have their own device.

Two separate phones are used.

- Apple Health account is linked with the BrickFit Kids App on one Apple iPhone
- BrickFit Parent App is installed on the parent's phone (Apple or Android)



Apple Watch your child wears all day and night



1 x phone with the BrickFit Parent App installed

1 x phone with the BrickFit Kids App installed

*Install the BrickFit Parent App prior to installing the BrickFit Kids App

REQUIREMENTS - USING 1 DEVICE

Use this option if you are an adult participant

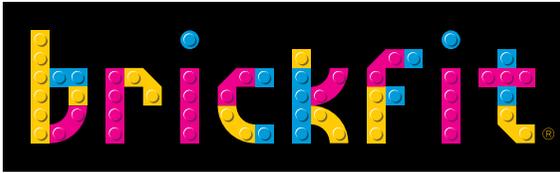
- Apple Health account is linked with the BrickFit Kids App on one Apple iPhone
- BrickFit Parent App is on the same phone



Apple Watch worn all day and night or an iPhone carried all day.



1 x phone with **both** the BrickFit Parent and BrickFit Kids App Installed



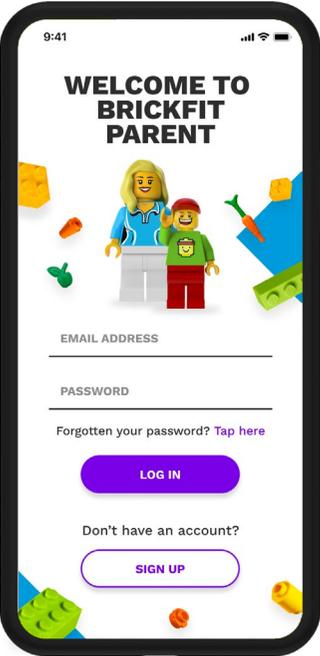
PARENT

STEP 1: BRICKFIT PARENT APP

HOW TO SIGN UP



STEP-BY-STEP PROCESS



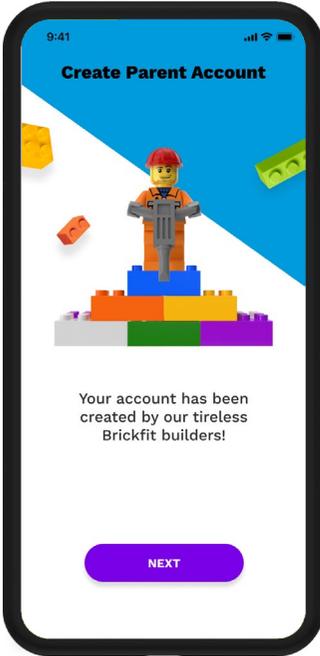
1

Click sign up



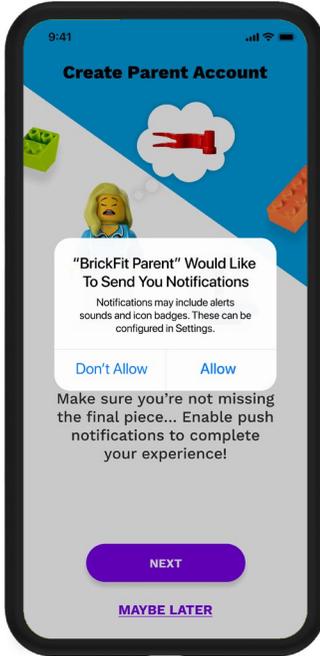
2

Read required information



3

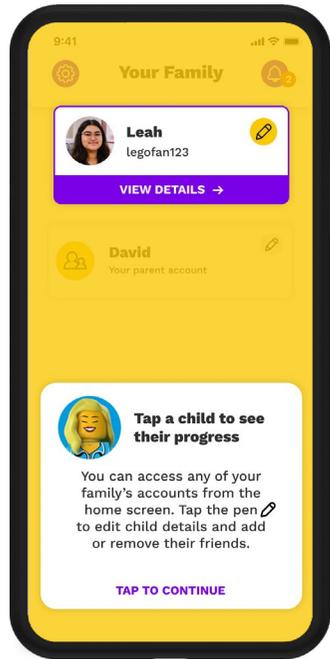
Click through screens



4

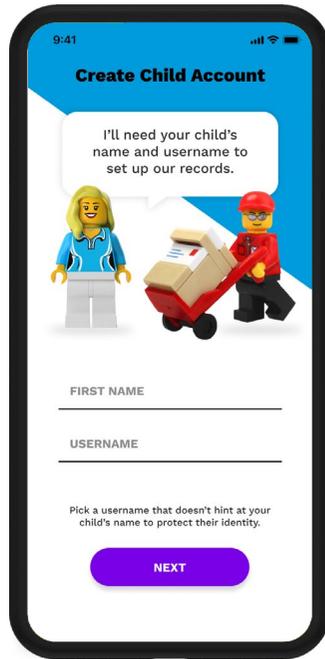
Allow Bluetooth and Notifications

STEP-BY-STEP PROCESS



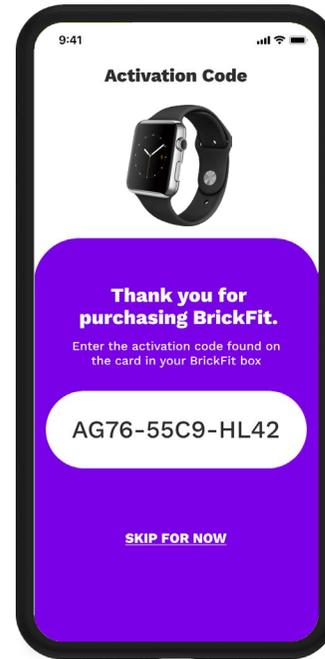
5

Follow the in-app tutorial



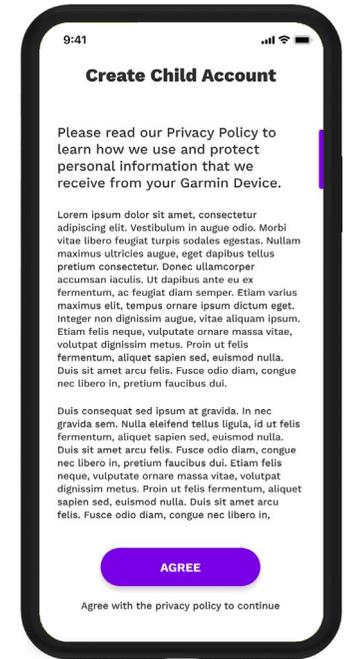
6

Create your child's account



7

Enter in your activation code on page 3 of the welcome guide found in your BrickFit box



8

Read the Terms and Conditions

STEP-BY-STEP PROCESS



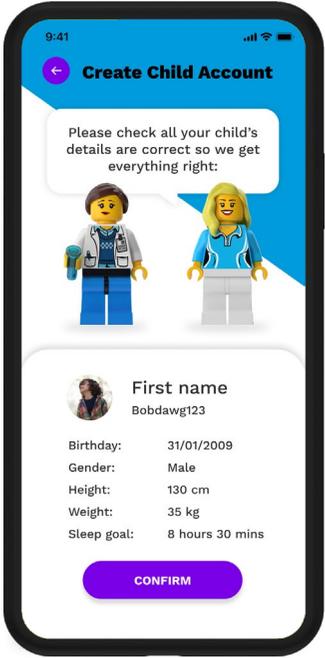
9

Add your child's information



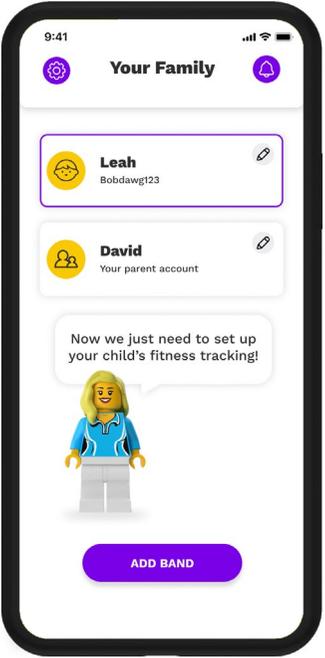
10

Select a photo of your child



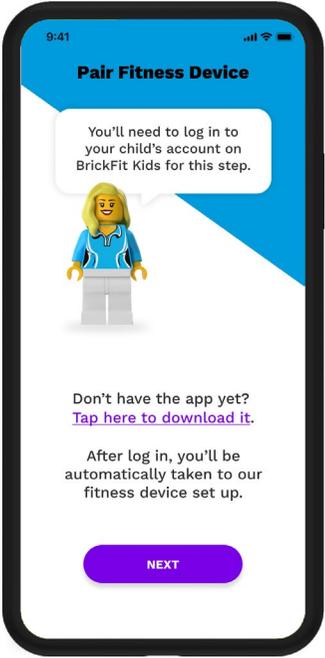
11

Check all the information is correct



12

Parent app setup complete



NEXT STEP

Logging into BrickFit Kids



KIDS

STEP 2: BRICKFIT KIDS APP

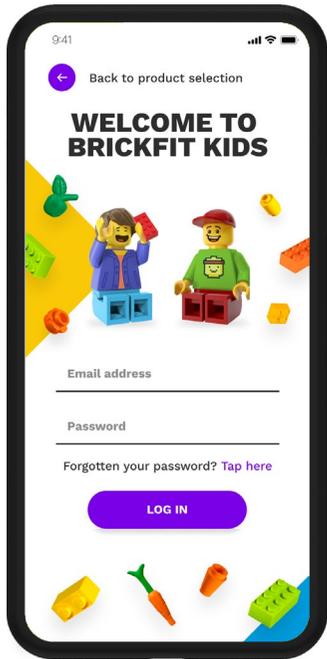
HOW TO LOGIN

IMPORTANT: This stage can only take place once the child's account has been created on the BrickFit Parent App. Make sure your account has been created in the BrickFit Parent App.

When you sign into the BrickFit Kids App for the first time you will be greeted with a short onboarding process to finish setting up the child account.

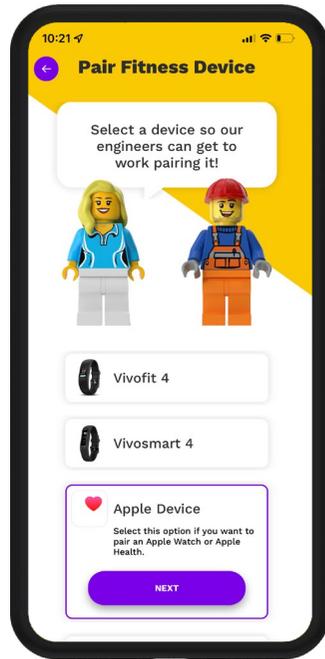


STEP-BY-STEP PROCESS



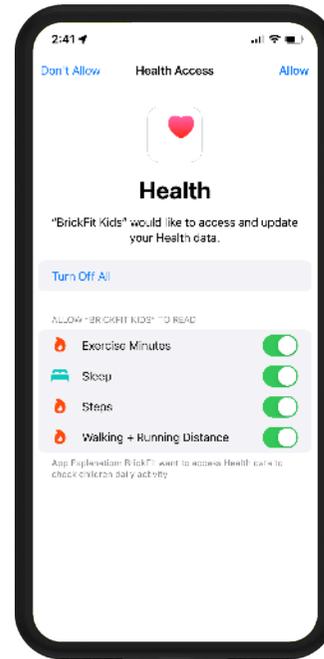
1

Use the login details for the child created during the BrickFit Parent App setup



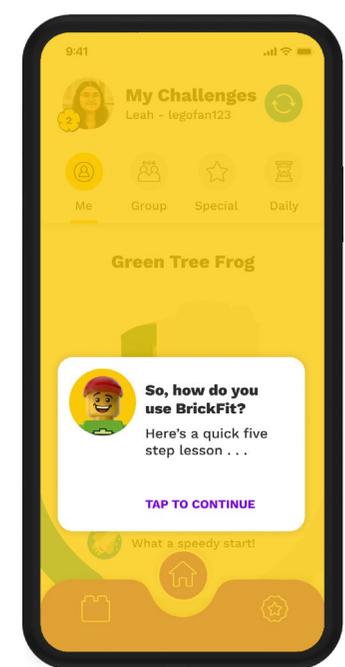
2

Select the Apple Health option and then follow the connection instructions



3

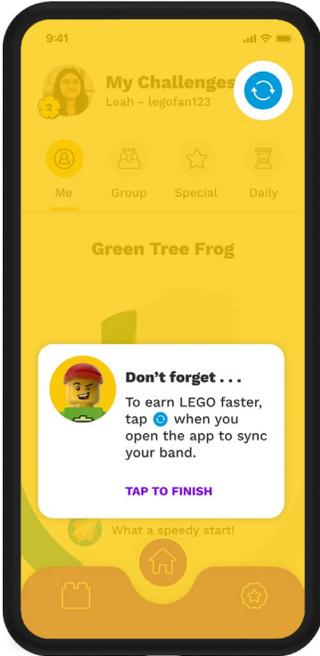
Allow BrickFit to read your activity from Apple Health when you press the sync button.



4

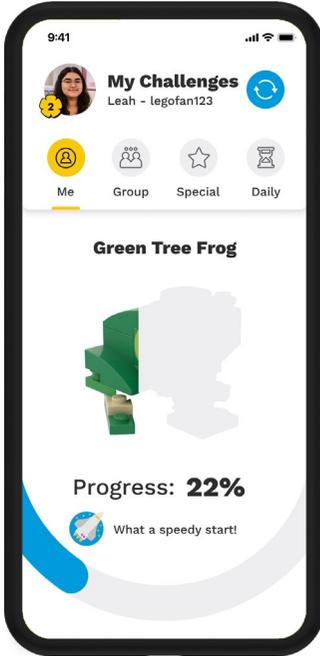
Complete the remainder of the in-app tutorial

STEP-BY-STEP PROCESS



5

Sync Apple Health to BrickFit using the top-right button



6

The application is ready to go!

FREQUENTLY ASKED QUESTIONS

HOW DO I SETUP MYSELF UP AS AN ADULT PARTICIPANT

Plenty of adults are Brickfitters! Just follow the 1 device set up instructions in this manual, where both apps are on a single mobile device. Set up both the parent and child accounts with your own details.

HOW OFTEN DO I NEED TO SYNC

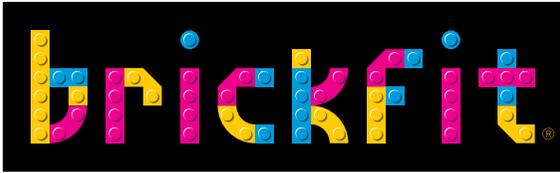
It is recommended to sync your Apple Health activities daily to keep up to date with how you are progressing on each challenge.

HOW IS SLEEP TRACKED

Make sure to setup a sleep schedule in Apple Health to set sleep tracking. If you have an Apple Watch, wearing it to bed will monitor your sleep quality. An iPhone on its own will monitor the time you put it down to the time you pick it up during the sleep schedule.

For more FAQ's please visit
www.brickfit.com.au





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